

Abstract

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Title of thesis: Self-esteem of older adults, who practise regularly organised physical activity and it's correlation with personal characteristics

This thesis treat of old age in connection with self-esteem and personal characteristics. The goal of this thesis was to detect self-esteem of 30 older adults, who practise regularly some type of organised physical activity. The results were compared with control group of 30 older adults, who don't practise any organised physical activity. There was also detected five personal characteristics of older adults, who practise physical activity (neuroticism, extraversion, openness, agreeableness, conscientiousness), the results were compared with standards for czech population. There was made correlation analysis between neuroticism, extraversion and self-esteem. To detect five personal characteristics was used NEO Five-Factor Inventory, level of self-esteem was detected through Rosenberg Self-Esteem Scale. The findings showed that in compare with control group of non-excersising older adults, excersising older adults reached higher level of self-esteem. In the group of excersising oder adults was also detected correlation between self-esteem and personal characteristics. There was revealed strong negative correlation between neuroticism and self-esteem and positive correlation between extraversion and self-esteem.

Key words: self-esteem, old age, personal characteristics, organised physical activity, NEO Five-Factor Inventory, Rosenberg Self-Esteem Scale